

## Medicaid Waiver Frozen Meal Program



### About the Entrees

Each frozen meal includes:

- a 4-5 ounce serving of protein
- a half cup of vegetables
- a half cup of starch
- bread • fruit • milk

All of our entrees provide 1/3 of the daily recommendations set forth by the RDA.

### Selection of Meals

You will be able to choose a combination from the following protein sources:

- beef
- chicken
- pork
- fish

### Meal Delivery

All frozen meals are available for 7 days delivered once a week.

For More Information Call:  
Cheryl Johnson at 327-8552

### Sample:

## Meals On Wheels Meal

- BBQ Chicken
- Potato Wedges
- Mixed Vegetables
- Peaches/Cottage Cheese Salad
- Whole Wheat Bread
- Milk



[cdhd.idaho.gov](http://cdhd.idaho.gov)